PROVIDENCE - FALL SPORTS

High School (grades 9-12) Boys Soccer and Girls Volleyball

First day of practice is Monday, August 26.
Please use the <u>athletic calendar</u> for practice and game schedules.

Here is what you need to do to get ready:

- Sign up for the applicable sport!
 For playing a fall sport, Providence Fall Sports Sign-Ups 2024
- Pay the athletics fee: \$250 (remit payment to the front desk or use the Venmo school account: @ProvidenceClassical-Bothell)
 - MUST be paid BEFORE the first practice.
- Get a physical and have doctor fill out Physical Evaluation Form: https://www.pccs.org/wp-content/uploads/2016/06/Athletics-WIAA-Physical-Evaluation.pdf
 - Physicals are good for 24 months, so usually needed by freshmen and juniors.
 - MUST be turned in to the school office BEFORE the first practice.
- **Fill out four athletic forms** can found <u>here</u> under "Forms to Sign & Turn in". You may also pick up a copy of these forms at the front desk at school.
 - MUST be turned in to the school office BEFORE the first practice.
- Buy the appropriate equipment:
 - Soccer: Cleats, Shin Guards, Socks
 - Volleyball: Court Shoes, Knee Pads, Game Shorts
 - All: Modest T-shirt and Shorts and Water Bottle.
- Come to the first practice on Monday, August 26.
 - **Soccer:** At North Creek Sports Field #2 (at the school, but on the south side) at 3:00-5:00 PM.
 - Volleyball: At Park Ridge Community Church (the Ridge Activity Center) at 2:30-5:00 PM.

 Attend Fall Sports Parent/Athlete Meeting: August 29 @ 5 pm (Back-to-School Open House follows at 6-8)

New Practice Rule: to be eligible for competition, an athlete must have attended **7** team practices.